

## Here's what you can do:

### 1 Prevent Poisonings.

Store medicines and household products in their original containers.

Lock medicines and household products where children cannot see or reach them.

Use child-resistant packaging. Replace the caps tightly after using a product.

Read the label before taking or giving medicine — every time.

Use household products according to label directions. Mixing household products can cause dangerous gases to form.

Install a carbon monoxide alarm.

### 2 Be Prepared.

Put the Poison Center's emergency number on or near the phone — in every home where your child spends time.

### 3 Act Fast.

If you think someone's been poisoned — act fast! Don't wait to see what happens! Call the National Capital Poison Center **RIGHT AWAY!!**

### The Most Dangerous Poisons:

- medicines: iron pills, prescription and non-prescription drugs
- pesticides
- windshield washer solution
- antifreeze
- drain cleaners, toilet bowl cleaners
- alcoholic beverages
- lamp oil, furniture polish
- gasoline, kerosene, paint thinner

### First Aid:

- **SPLASHED in EYES?**  
Rinse with water for 15 minutes. Call the Poison Center.
- **SPILLED on SKIN?**  
Rinse with water for 15 minutes. Call the Poison Center.
- **BREATHED in a poison?**  
Get to fresh air. Call the Poison Center.
- **SWALLOWED a cleaning product?**  
Drink a glass of milk or water. Call the Poison Center.
- **Anything else?** Call the Poison Center.



## National Capital Poison Center

Call **FAST** to treat a poisoning!

Call **FIRST** to prevent a poisoning!

**POISON**  
**Help**  
1-800-222-1222

National Capital Poison Center  
3201 New Mexico Avenue, Suite 310  
Washington, DC 20016

[www.poison.org](http://www.poison.org)

**POISON**  
**Help**  
1-800-222-1222

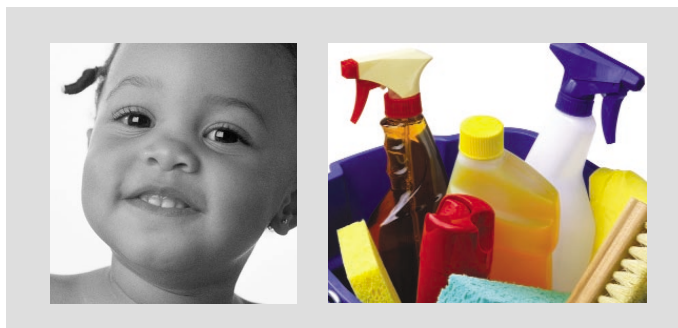
**1-800-222-1222**

24 hours a day • 7 days a week

# The National Capital Poison Center — helping you prevent and treat poisonings.

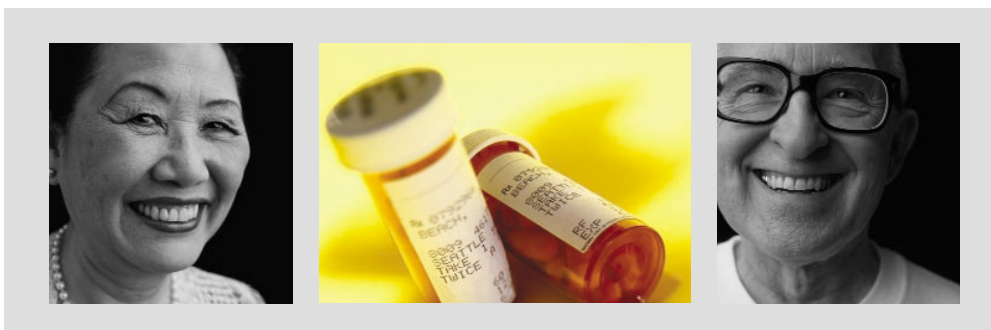
You can rely on us for life saving advice...24 hours a day, 7 days a week. We help more than 34,000 poisoned children, teens, and adults every year.

The Poison Center is always just a phone call away. Here is how we help you...FREE!



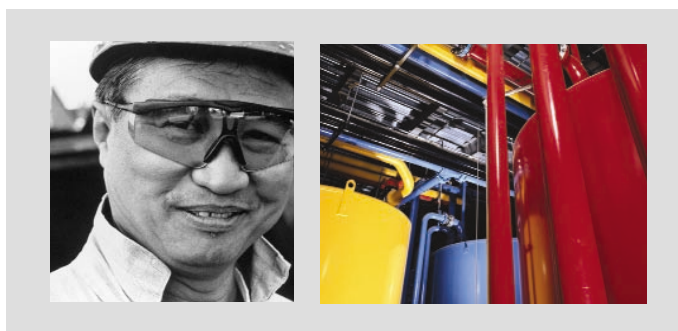
WHEN CHILDREN GET INTO HOUSEHOLD PRODUCTS, THE NATIONAL CAPITAL POISON CENTER EXPERTS ARE JUST ONE CALL AWAY.

THE NATIONAL CAPITAL POISON CENTER HELPS SENIORS AND PEOPLE OF ALL AGES WHEN THEY TAKE TOO MUCH OR THE WRONG MEDICINE.



## We save lives and reduce illness from poisonings.

Call right away. Quick action could save a life. About half of poisoning emergencies involve small children, but we also provide immediate life-saving information for suicide attempts, medication errors, chemical spills, occupational exposures, product misuse, drug interactions, and pet poisonings! We even call you back to be sure you're all right.



THE NATIONAL CAPITAL POISON CENTER GIVES ADVICE ABOUT PREVENTING AND TREATING CHEMICAL EXPOSURES ON THE JOB.

## We reduce your health care costs.

Nearly 75% of Poison Center callers are treated at home... safely. That saves the region's residents over \$12 million/year in unnecessary health care costs. Home treatment is safe when guided by our highly trained, nationally-certified poisoning experts — health professionals with many years of experience in poison control!

## We work to prevent poisonings.

Reported poisonings are monitored for new or unusually dangerous hazards. When we identify a problem, we urge manufacturers and government regulators to change the formulation, improve the closure, or even ban the product. Poisoning data can also be used to detect a chemical or biologic terrorism incident. Should such an incident occur, the Center is ready to respond by providing information to the public and health professionals.

Poison prevention tips are distributed through mailings, the media, health fairs and schools. Teach your family about poison prevention!

### Here's how you can help us.

The Poison Center is not a government agency. We rely on grants and generous donations for support.

**SEND A CONTRIBUTION TO:** National Capital Poison Center, 3201 New Mexico Avenue, Suite 310, Washington, DC 20016.



If you prefer, **DONATE** through the United Way or CFC. Designate: 8476

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